
215.62

High-Risk Conditions

Overview

Introduction

The WIC data system automatically identifies some participants as high-risk based on their assigned risks. WIC CPAs can manually assign high-risk status for participants based on their professional judgment.

**Definition:
High-risk**

A high-risk condition is a nutrition problem or the potential for developing a nutrition problem that requires additional assessment, intervention, monitoring and evaluation by a licensed dietitian (*Journal of the American Dietetic Association* 2003; 103(6):1061-1072).

Policy

Participants who are at high-risk must be scheduled for at least one individual education contact by a licensed dietitian and have a nutrition care plan. This contact may take place at certification or at the second education contact. All second education contacts for high-risk participants must be scheduled as one-to-one contacts.

**Initial contacts
for high-risk
participants**

If a licensed dietitian (L.D.) certifies the high-risk participant and writes the nutrition care plan, this contact meets the policy requirement for one individual contact by a L.D. The L.D. should determine the appropriate level of service for the second education contact (L.D. or another CPA) and schedule it accordingly.

If a non-L.D. CPA certifies the high-risk participant, this CPA can:

- Write the initial care plan identifying the participant as high-risk,
 - Provide nutrition education, and
 - Schedule a one-to-one second education contact with a L.D.
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**Nutrition care
plans**

See Policy 215.83 for more information about requirements for nutrition care plans.

High-Risk Conditions by Category of Participation

Infants

The table below lists the infant high-risk conditions and their codes.

| Condition | Code |
|--|---------|
| Developmental delay affecting ability to eat | 362 |
| Diet very low in calories or essential nutrients` | 411j |
| Elevated lead level | 211 |
| Failure to thrive | 134 |
| Low hemoglobin/hematocrit | 201 |
| Nutrition-related risk conditions: | 341-343 |
| <ul style="list-style-type: none"> • Nutrient deficiency disease • Gastrointestinal disorders • Diabetes (all types) • Renal disease • Cancer • Central nervous system disorders • Genetic and congenital disorders • Hypertension and prehypertension | 345-356 |
| <ul style="list-style-type: none"> • Inborn errors of metabolism • Infectious diseases • Food allergies • Celiac disease • Lactose intolerance • Hypoglycemia | |
| Prematurity | 142 |
| Underweight | 103b |

Children

The table below lists the high-risk conditions and their codes for children.

| Condition | Code |
|--|---------|
| Developmental delay affecting ability to eat | 362 |
| Diet very low in calories or essential nutrients | 425f |
| Elevated lead level | 211 |
| Failure to thrive | 134 |
| Inadequate growth (only ≥18 months) | 135 |
| Low hemoglobin/hematocrit | 201 |
| Nutrition-related risk conditions: | 341-343 |
| <ul style="list-style-type: none"> • Nutrient deficiency disease • Gastrointestinal disorders • Hypertension and prehypertension • Diabetes (all types) • Renal disease • Cancer • Central nervous system disorders • Genetic and congenital disorders | 345-349 |
| <ul style="list-style-type: none"> • Inborn errors of metabolism • Infectious diseases • Food allergies • Celiac disease • Lactose intolerance • Hypoglycemia | 351-356 |
| Underweight | 103b |

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High-Risk Conditions by Category of Participation, Continued

Pregnancy

The table below lists the pregnancy high-risk conditions and their codes.

| Condition | Code |
|--|---------|
| Developmental delay affecting ability to eat | 362 |
| Diet very low in calories or essential nutrients | 427b |
| Elevated lead level | 211 |
| Gestational diabetes | 302 |
| History of preeclampsia | 304 |
| Hyperemesis gravidarum | 301 |
| Low hemoglobin/hematocrit | 201 |
| Low maternal weight gain | 131 |
| Maternal weight loss | 132 |
| Multifetal gestation | 335 |
| Nutrition-related risk conditions: | 341-343 |
| • Nutrient deficiency disease | 345-349 |
| • Gastrointestinal disorders | 351-356 |
| • Diabetes (all types) | 358 |
| • Renal disease | |
| • Cancer | |
| • Central nervous system disorders | |
| • Genetic and congenital disorders | |
| • Hypertension and prehypertension | |
| • Inborn errors of metabolism | |
| • Infectious diseases | |
| • Food allergies | |
| • Celiac disease | |
| • Lactose intolerance | |
| • Hypoglycemia | |
| • Eating disorders | |
| Pregnancy at young age | 331a/b |
| Underweight | 101 |

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Not breastfeeding The table below lists the high-risk conditions and their codes.

| Condition | Code |
|--|---------|
| Developmental delay affecting ability to eat | 362 |
| Diet very low in calories or essential nutrients | 427b |
| Elevated lead level | 211 |
| History of preeclampsia | 304 |
| Low hemoglobin/hematocrit | 201 |
| Nutrition-related risk conditions: | 341-343 |
| • Nutrient deficiency disease | 345-349 |
| • Gastrointestinal disorders | 351-356 |
| • Diabetes (all types) | 358 |
| • Hypertension and prehypertension | |
| • Renal disease | |
| • Cancer | |
| • Central nervous system disorders | |
| • Genetic and congenital disorders | |
| • Inborn errors of metabolism | |
| • Infectious diseases | |
| • Food allergies | |
| • Celiac disease | |
| • Lactose intolerance | |
| • Hypoglycemia | |
| • Eating disorders | |
| Prediabetes | 363 |
| Pregnancy at a young age | 331a/b |
| Underweight | 101 |

High-Risk Conditions by Category of Participation, Continued

Breastfeeding The table below lists the breastfeeding high-risk conditions and their codes.

| Condition | Code |
|--|---------|
| Developmental delay affecting ability to eat | 362 |
| Diet very low in calories or essential nutrients | 427b |
| Elevated lead level | 211 |
| History of preeclampsia | 304 |
| Low hemoglobin/hematocrit | 201 |
| Nutrition-related risk conditions: | 341-343 |
| • Nutrient deficiency disease | 345-349 |
| • Gastrointestinal disorders | 351-356 |
| • Diabetes (all types) | 358 |
| • Hypertension and prehypertension | |
| • Renal disease | |
| • Cancer | |
| • Central nervous system disorders | |
| • Genetic and congenital disorders | |
| • Inborn errors of metabolism | |
| • Infectious diseases | |
| • Food allergies | |
| • Celiac disease | |
| • Lactose intolerance | |
| • Hypoglycemia | |
| • Eating disorders | |
| Prediabetes | 363 |
| Pregnancy at young age | 331a/b |
| Underweight | 101 |